



BAGLESS DAYS – LEARNING BEYOND THE BACKPACK (2025–26)
(FOR CLASSES VI – VIII)

Dear Parent,

In alignment with the guidelines issued by the Central Board of Secondary Education (CBSE) and the National Education Policy (NEP) 2020, we are delighted to announce that our school will be observing “Bagless Days” for students of Classes VI to VIII.

This initiative aims to ease the physical burden of carrying school bags and to foster holistic development through experiential and interactive learning. It promises to be a refreshing break from routine academics, encouraging creativity, collaboration, and enjoyment.

Following is the schedule for the “Bagless Days”.

Date	Class	Time	Activities
14.11.2025	VI	8:30 – 9:30 am	Yoga and Meditation
		9:30 – 11:15 am	Film Screening
		11:45 am – 12:45 pm	Sports and Fun races
		12:45 – 1:35 pm	Life Skills – Folding of Clothes and Washing of Bottles
21.11.2025	VII	8:30 – 9:30 am	Yoga and Meditation
		9:30 – 10:30 am	Choir Singing
		10:30 – 11:15 am	Extempore on topics given (On the spot)
		11:35 am – 12:35 pm	Sports and Fun races
17.10.2025	VIII	12:35 – 1:35 pm	Life Skills – Table Manners and Dining Etiquette
		8:30 – 9:30 am	Yoga and Meditation
		9:30 – 11:15 am	Diwali card making/ class decoration
		11:45 am – 12:45pm	Choir Singing
		12:35 – 1:35 pm	Life Skills – Presenting Diwali card to support staff & Diwali Party

General Guidelines for Students

1. Students should carry a small bag containing only essentials: -
 - Pen and pencils
 - Water bottle & Tiffin box (with healthy lunch and snacks)
 - School almanac
2. Students to bring a yoga mat or any sheet for yoga and meditation.
3. Valuable items should not be brought to school.
4. Students to wear track pants and T-shirt with sport shoes.
5. ID card is compulsory.
6. Attendance is mandatory for all students


Amita Ganjoo
Principal